



10-10-2013

The Pacifican October 10, 2013

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University of the Pacific, "The Pacifican October 10, 2013" (2013). *The Pacifican*. 60.
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THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

THE PACIFICAN ONLINE.COM

VOLUME 105, ISSUE 7

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THURSDAY, OCTOBER 10, 2013

"Women at the top? Why not?"

Nicole Felkins
COPY EDITOR

On Sunday, Oct. 6, a panel of women leaders from a variety of professional fields delivered a lecture in response to the question "Women at the Top? Why Not?" for the third annual Intergenerational Tea by Pacific's Women's Resource Center and in collaboration with a variety of organizations.

Located in the DeRosa University Center Ballroom, this event is aimed to bring women across generations together to celebrate and spark women's leadership and success in all areas of society.

The event was co-hosted by two Pacific students: Caitlin Trepp '14, president of Pacific Feminists, and Sydnie Reyes '14, past-president of the United Cultural Council.

Provost Maria Pallavicini, Pacific's chief academic officer, delivered the welcome speech. Pallavicini spoke about part of her career and informed the audience of many revealing statistics about women in the workforce.

Pallavicini stressed the following advice to aspiring leaders: education, seeking opportunities that develop leadership skills, taking risks and only doing and leading the things that you truly believe in.

Other speakers included Kathy Hart, president of San Joaquin Delta College, Rhodesia Ransom, executive director of the Sow a Seed Foundation, Alicia Hetman, statewide president of AAUW-California, Danielle Procope '14 and Doris Wright, president of the National Council of Negro Women—Sacramento section.

A panel of women, consisting of Rayven Williams '13, Ransom and Kimberly Ellis, the executive director of Emerge California, answered a couple questions asked by the moderator, Ronda Sanders, co-president of AAUW—Stockton branch, and the audience. In response to

INTERGENERATIONAL TEA
CONTINUED ON PAGE 3



Maurelle Bagus

Kathy Hart, president of San Joaquin Delta College, spoke at the event.

Governor Jerry Brown signs SB 493 into law



Academy of Student Pharmacists/University of the Pacific

Jamil Burns
OPINION EDITOR

On Tuesday, Oct. 1, California Gov. Jerry Brown signed Senate Bill 493 into law. Dr. Ed Hernandez (D-24th District) authored and proposed the bill back in February 2012.

The bill, commonly known as the pharmacist provider status bill, was heavily supported by University of the Pacific's Student Pharmacist Advocacy Coalition (SPAC). The group aims to foster communication in pharmacy

legislation.

The newly passed law will allow pharmacists to use more of their skills to collaborate with other health care professionals. Specifically, the law allows pharmacists to be declared as providers of health care, which will give them a multitude of privileges.

Among these privileges are the ability to order tests, the ability to administer immunizations independently, and the ability to review patient progress. These were once solely the privileges of

physicians.

This landmark legislation came at a time when California needed it the most. The Affordable Care Act provides many more citizens with insurance, but the number of primary care physicians is beginning to decline.

Those newly enrolled in an insurance plan will be able to obtain the care they need even if a doctor is not present. The pharmacist can

SENATE BILL 493
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Fire off the Interstate Five

Alex Rooney
STAFF WRITER

On the afternoon of Oct. 3, a small fire broke out at the Newark Recovery and Recycling facility off of Interstate Five (I-5), which is between the Pershing Ave. and Charter Way freeway exits.

Unusually gusty winds that day caused embers to spread much too rapidly, so the onsite crews were unable to smother the fire before it jumped a field and lit another area of the facility

ablaze.

Soon after, two propane tanks were exposed to the inferno and exploded, which sent further debris into the air and onto the freeway.

Though the large majority of the fire was concentrated in that one area, the wind was able to carry burning ash and pieces of wood all the way up and down I-5, which created as many as 18 other spot fires in both directions.

Sacramento's ABC News 10 reported,

"Stockton Fire Chief Jeff Piechura said the fire began in a pile of papers burning outside the plant just south

STOCKTON FIRE
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Recycling plant catches fire by freeway



The smoke seen from the Interstate Five highway.

Alex Rooney



Piles of paper at the recycling plant burn beside the freeway.

Alex Rooney

STOCKTON FIRE CONTINUED FROM PAGE 1

of the Port of Stockton.”

They have also stated that while there were no injuries, two residences near Fairmont Ave. were ignited by wind-carried scraps.

Tricia Thomas, mother of a Pacific student on her way home for the weekend, witnessed the roaring explosion of the propane tanks as

she sat in unmoving traffic facing south on I-5. “It seemed as though we watched one fire turn into two, and then three, dominating the whole right side of the freeway in flames and smoke,” Thomas explained.

“Massive plumes of ominously thick black smog clouded every lane, and once we were able to inch our way closer, policemen and firefighters very slowly directed us through the darkness.”

Eventually the nearby section of freeway was shut down because smoke became too large a hazard for drivers, and also to allow firefighters and other emergency crews, as well as the plant’s own personnel to clean up the area and ensure the safety of all further traffic moving through the affected area.

Many Pacific students and faculty likely saw the main fire, or one of the smaller ones it spawned, because

Thursday afternoon marked the beginning of Pacific’s Fall Student Break.

A statement from the Newark Recycling facility that was released to local news stations stated, “[W]e take these incidents very seriously, and are currently investigating the cause of the fire. We have so far determined that the employees at the scene followed standard operating procedure and called the local fire company.”

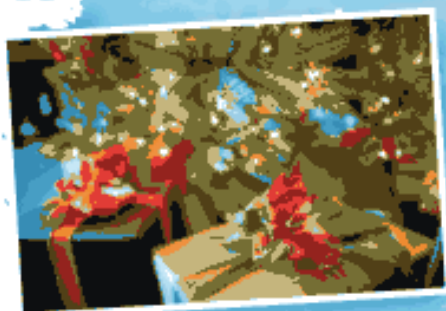
President Eibeck's 2013 Holiday Card

Design Contest



Show your Tiger pride by designing a creative Pacific image for the cover of the president's 2013 holiday card.

The winner will receive an Amazon Kindle!



Submit a low-res jpeg or pdf of your photograph, artwork or design to president@pacific.edu by **November 1**. Nondenominational designs are encouraged. Horizontal and vertical formats are allowed; images must be 5x7 inches. Two entries maximum per student.

Questions?

Call 209.946.2314 • Pacific.edu/President

UNIVERSITY OF THE
PACIFIC

Pacific Women's Resource Center hosts third annual Intergenerational Tea

INTERGENERATIONAL TEA
CONTINUED FROM PAGE 1

the question of why there needs to be diverse leaders, Williams explained that it could help change the status quo and mindset of people at the top.

Ellis revealed statistics and research, such as one that indicated that policies are more fair, equitable and just when women are apart of policy-making decisions.

Ellis also pointed out that in terms of equitable female representation in government, the United States is ranked ninety-ninth, which is behind Serbia and China.

When a member of the audience asked why that is so, Ellis asserted that not enough women run for office. The organization that she is the executive director of, Emerge California, is part of a national network that works in 14 states to encourage and train women to run for office.

Ransom urged women to be aware

of what is going on, to help and support each other and learn about the important decisions that are being made.

Ransom mentioned that boards have a lot of influence on the community, so it is important for women to be represented equitably on those too.

As Ellis pointed out, it is not just women's issues but "people issues," for women's issues affect men too. Ellis advocated building partnerships with the male community, for it will benefit the entire society.

The president of San Joaquin Delta College, Kathy Hart, Ph.D., gave the first of the closing remarks. "Be open to what comes your way," stated Hart and emphasized aspiring leaders to sharpen their listening and critical thinking skills.

Hart stated that visualizing the big picture and broadening your thinking is also especially important. "Don't worry about who can help you. If you work hard people will want to help, and don't push them away," advised Hart.

For the final closing remark, Reyes

delivered a spoken word, titled "No Ordinary Woman," where about half of the room stood up to clap.

Corrie Martin, the director of the Women's Resource Center, commented that this event is an "incredible collaboration between the Stockton community and students and faculty and staff here at Pacific."

It was in collaboration with Pacific Feminists, Pacific Alumni Association, the National Council of Negro Women - Sacramento Section, Advancing Women's Leadership 2.0 and the American Association of University Women - Stockton Branch

"Everybody just gets so much energy and inspiration from each other," stated Martin. "This event is really transformative of both generations of all generations...we don't have a lot of spaces where that happens very often—where people of different generations come together to share wisdom and insights together," explained Martin.

This event was free for Pacific students and \$20 for non-students.

Former Pacific professor honored



Stockton Record

Bob Marrow taught at Pacific for 28 years.

Nanxi Tang
NEWS EDITOR

On Wednesday, Oct. 8, Robert Marrow, Ph.D., a former professor at University of the Pacific, was honored by San Joaquin A+ for his tireless efforts to promote literacy and early childhood education. Marrow was recognized as a Champion in Literacy at the Spirit of Literacy Gala Dinner at Wine and Roses in Lodi.

Marrow has devoted his adult life to education. He taught at University of the Pacific from 1975 to 2002. During

his time at Pacific, Marrow taught special and traditional education courses at the Gladys L. Benerd School of Education.

He was also a fourth-grade teacher and Head Start training coordinator and director.

After he retired, he was director of the local Bring Me a Book chapter and stalwart of former Mayor Ann Johnston's Read to Me Stockton program among other things.

"He busied himself everywhere there was a literacy cause," stated Director of San Joaquin A+ Sue de Polo to the Stockton Record. "He's a really nice man who cares about children and literacy, and is devoted to early childhood education."

Marrow had a humble start in life as a child raised in foster homes after his mother died when he was eight years old. His first exposure to reading was in kindergarten: "Miss Calvin was the kindest, sweetest, gentlest person," told Marrow to the Stockton Record.

After serving in the United States Air Force for four years, Marrow took advantage of the G.I. Bill to enroll at Wayne University in Detroit, Mich., and later graduated from Ohio University with a degree in journalism.

Marrow spent two years after that working as an advertising copywriter. He eventually ended up earning a teaching credential and then his EdD in early childhood special education from the University of Illinois.

Marrow's experiences have helped him understand the importance of early childhood education. Since his retirement, he has been busy working within the community by helping children and their parents learn the joys of reading together through literacy training and programs that provide books for young children.

*"They may forget
what you said,
but they will never
forget how you
made them feel."*
-Carol Buchner

According to the Gladys L. Benerd School of Education's newsletter, one of Marrow's favorite quotes that exemplifies his life philosophy and the goal behind his interactions with his students over the years is the following quote by Carol Buchner: "They may forget what you said, but they will never forget how you made them feel."

Public Safety



Weekly Report
Sept 29th - Oct 5th

University Reg Citation

Brubeck Way 09.29.13

Officers observed two subjects running across Brubeck Way at 2 a.m. carrying a beer keg. A citation was issued to one of the subjects.

Citation

Chapel & Atchley 09.29.13

Officers stopped a silver Honda that failed to stop at several stop signs at 11:55 p.m. Upon making contact with the driver, officers could smell the odor of marijuana. He was found in possession of marijuana, and a blunt was tucked into his hat. The subject had no valid reason for being on campus. He was cited, and asked to leave campus. The marijuana was confiscated, and he was booked for destruction.

Suspicious Incident

DeRosa University Center 10.01.13

Staff have reported over the past several days that someone entered the female restroom and vomited on the wall and floor early in the day. A report was filed, and the investigation is still open.

Arrest

Buck Hall 10.01.13

Officers stopped a subject that they have revoked from campus several times, and who is on active parole. He was cited for trespassing and released.

Narcotics

DeRosa University Center 10.02.13

A staff member found a backpack that contained narcotics and related paraphernalia. Officers booked it into the property room.

Auto Burglary

Dave Brubeck 10.03.13

A victim reported locking her vehicle on Oct. 1 at 9 p.m., and when she returned on Oct. 3, she discovered someone broke her window, and took a cup containing various coins that was left out.

Vandalism

Pacific Circle 10.03.13

A staff member reported that someone pulled the stop sign from its base, and left it on the ground.

Pacific's Student Investment Fund expands

Connor Mix
STAFF WRITER

The following is an interview with the CEO of the Eberhardt School of Business Student Investment Fund (SIF), Erik Cederwall.

Pacifican: So, the SIF is the Student Investment Fund on campus where students get to spend actual money. But, the school can't be in the habit of letting just anyone do this, so as a current member, could you please explain the recruitment process.

Cederwall: SIF uses word of mouth, clothing and flyers to passively market to students. Each semester, SIF puts on an informational session, which is open to students of all majors. The informational session is approximately an hour long, and is run entirely by student members. The session provides logistics concerning SIF, the application process and personal experiences. Food and beverages are provided in the informational session.

PAC: Would you please explain the application process as well after



Eberhardt Student Investment Fund

they have gone through getting so many people interested.

EC: The application process consists of two elements: a written or electronic application and an interview. The application contains basic information on the student, and they must include their resume. It also contains general questions ranging from economic to financial issues. The interview process usually takes place over a week. Interviews are extended by invitation by the fund only. Students are able to select a day and time that works best for their schedules. The interview generally lasts anywhere for 10-30 minutes. The interview is conducted by 2-3 current student members of SIF.

PAC: Are there any limitations on joining?

EC: Students must have the available units to be part

of SIF (it is a 4 unit course). Also, students must have taken and passed Busi 105 Financial Management with a satisfactory grade.

PAC: So, there is a class associated with it?

EC: Yes, SIF meeting days and times ranges each semester. But, it generally is a two day a week, one hour and a half course. SIF meets in the Eberhardt School of Business – Weber Hall.

PAC: Do we make any money? How much? What did we start with, when did we start, and where are we at now?

EC: SIF started at its inception with a generous \$1 million donation from Doug Eberhardt in January of 2007, and since then, has received another \$1 million donation from Pacific's Board of Regents. Last semester alone, SIF realized a gain of about \$150,000. Currently the fund

is worth over \$2.6 million.

PAC: Would you describe briefly your experience with SIF? Why do you think it's important, and how will it translate to your career, or help you get a job?

EC: For me, SIF has been my most fun and memorable class. There is nothing like it.

No other class provides students with the opportunity to gain real life experience with the financial market. The class is student-run, and its success is contingent on the drive of the students. The fund has allowed me to work on my research and presentation skills.

To me, the idea of investing real money, and making real life decisions that would affect the profitability of the fund was one of its most intriguing factors, and continued to motivate me to do my best.

Through the various

reports and presentations required of the fund, I was able to work on my critical thinking skills to ask myself the most important and relevant questions concerning certain matters.

I had the opportunity to meet and network with different professionals that I otherwise would never have had the opportunity to do.

The work I did during my time with SIF directly relates to work that I would be doing out in the 'real world.' In my opinion, SIF played a major role in me securing a full-time position as an auditor at the accounting firm Deloitte next year.

My participation in SIF differentiated me from other applicants and the recruiters were able to see that the work I performed while with the fund could be useful, and could be transmitted to their firm.

CCI volunteer opportunity



The plants grown at the Boggs Tract Community Farm.

PUENTES

Andrea Chatter
CONTRIBUTING WRITER

The Center for Community Involvement (CCI) has an upcoming volunteer opportunity at the Boggs Tract Community Farm on Oct. 12 from 9:30 a.m. to noon.

PUENTES, a registered nonprofit organization, is a human services and development organization based in Stockton, Calif.

According to their website, PUENTES' vision is "to build equity through sustainable technology that fosters social entrepreneurship, education and motivation of at-risk communities in the Americas to break cycles of food insecurity and injustice surrounding inadequate access to healthy whole foods."

The organization gives people the opportunity to grow food for their families and community instead of receiving hand-outs. They aim to empower individuals to feed their families healthy food by working in community gardens.

The Boggs Tract Community Farm is an urban farm in the Boggs Tract area that is being developed to support local residents. The goals of this project include setting up a farmers' market to generate revenue toward the creation of further urban farms throughout San Joaquin County. Eventually, the farm will be able to sustain itself financially.

Volunteers will build earth bag walls, and see the tangible results of their labor.

For more information or to sign up, log on to Reach Out Online at www.pacific.edu/reachout.

If you have any questions, contact cci@pacific.edu or call the volunteer coordinator at (209) 946-7489.

Pacific pharmacy students help pass Senate bill

SENATE BILL 493
CONTINUED FROM PAGE 1

provide additional services if the requirements to become an "advanced practice pharmacist" are met.

The law includes a long list of guidelines and protocols for the proper implementation of pharmacist provider status. The text covers everything from patient care to prescription administration in great detail.

Both the California Pharmacists Association (CPA) and the California Society of Health-System Pharmacists (CSHP) are in full support of the law.

"This important state legislation serves as an excellent example of what other states can achieve in the interest of increasing access to the patient

care services of pharmacists," wrote Paul Abramowitz, CEO of the American Society of Health-System Pharmacists, in a letter to the CSHP.

The passing of this law is remarkable for a number of reasons. Students of SPAC have worked tirelessly for the past few months to get this law passed.

As these students matriculate into the world of pharmacy after graduation, each one will be able to see the direct impact of their effort in the workplace. Many of them plan to apply for advanced practice certification. They will be proud to see that Senate Bill 493 will take effect as of Jan. 1, 2014.

The timing of this bill's signing is significant because it came on the first day of October, which is officially American Pharmacists Month.

OPINION

Pacific's role in educating the Middle East

Otto Kafka
CONTRIBUTING WRITER

Many Middle Eastern students want to study abroad at schools like University of the Pacific because it gives them a boarder outlook on what's out there.

Parents of Middle Eastern students want to send their sons and daughters to what they believe to be the one of the best universities in the country. Most Middle Eastern students return to their country once they complete their degree abroad. Middle Eastern countries achieve higher world rankings through the number of educated people that live in the country.

Upon returning home, Middle Eastern students not only take back a degree, but Western cultural values. They share these American values with their friends, family, and employees. These are actually very small steps toward modernization.

With the steps toward modernization people can bet the economics are going to improve for the Middle East.

This cycle can affect generation after generation, which in time will change the political leaders outlook on how the countries should be run. With enough time and enough educated civilians, the Middle East could fully modernize in the next few decades.



Students in Jordan studying diligently.
International Bureau of Education



What is most beautiful to you about Pacific?

"I adore the brick buildings around campus—it gives it an East Coast Ivy League vibe. I also love all the trees and variety that there is around campus. It gives our school a lush, comfortable feel."

@Kimberlina Gomez,
C.O. 2015

"I like the walkway between Knoles Hall and Burns Tower. Exceptional gardening."

@Brenda Cordoro,
C.O. 2014

"The small class sizes."

@Arimi Nguyen,
C.O. 2016

"I think that the most beautiful thing about Pacific is that everybody is diverse and unique in their own way. We all come from different backgrounds and have many interests, but our common ground we all share is the education we receive from the University of the Pacific."

@Janette Chung,
C.O. 2014

"The cleanliness. We always complain about the leaf blowers, but that's what keeps our campus clean and beautiful."

@Lois Chan,
C.O. 2016

"The plant life. Just in general the nature we have on campus is beautiful. Like when I'm walking around that's what draws my eye the most."

@Scott Carter,
C.O. 2016

"What is most beautiful about Pacific to me is the left-hand path that I take just before the bridge over the creek. I believe it is the most beautiful because it is one of the only places on campus that has not been industrialized. Walking on that little path while hearing the wind blow the leaves allows me to escape from seeing industrial structures on a daily basis."

@Julian Galves,
C.O. 2017

Cuts to SNAP affect millions of families

Crystal Gu
STAFF WRITER

Our communities would not be able to function without the farm bill: a bundle of national legislature that regulates agriculture, nutrition, conservation and forestry policies in the United States. Every five years, the farm bill must be renewed through the usual governmental processes and also updated with beneficial improvements.

Unfortunately, the most recently enacted farm bill expired in 2008, and when 2012 rolled near, the House of Representatives and the Senate was unable to—even to this very day—come to an agreement on the terms for the 2013 farm bill.

Yet, the recently proposed bill by House Republicans entitled H.R. 3102 has yet to be approved by the Senate,

or signed into enactment by President Obama. If the House of Representative's version were to be approved, a program which gives eligibility and approval for the use of food stamps and benefits to low-income households would be cut an additional 40 billion dollars in funding over ten years according to the "House Bill Summary" on govtrack.us, which is the nation's leading website on tracking and finding information for past, current and proposed government legislature. The program is called the Supplemental Nutrition Assistance Program (SNAP), and as of 2013, the USDA reports that 47 million Americans count on SNAP to get by.

Although the House of Representative's bill isn't likely to get passed, there is still funding cuts that are set in stone to take place. Back in 2009, as a response to the financial crisis and economic downturn, the stimulus package, otherwise known as the American Recovery and Reinvestment Act of 2009 (ARRA), was signed into effect by Obama in February of that year--giving the SNAP program a temporary boost in funding.

Unfortunately, on Nov. 1, 2013, the ARRA boost for SNAP household recipients is coming to an expected end. According to Harvard's John F. Kennedy School

of Government, Dottie Rosenbaum from the Center on Budget and Policy Priorities, a D.C.-based think tank, stated that the effects of the program cuts will set back 47 million households who use the farm bill program to help their families get by on a monthly basis. The majority of families are from New York, Texas and California.

Additionally, U.S. Customs and Border Patrol reports that the elimination of the ARRA will cause families of three or four to lose anywhere from 16 to 21 meals per month. Last month, The New York Times interviewed SNAP recipient, father and mechanic Dustin Rigsby and Tarnish Adams, a hog skinner who left work after she became ill with cancer. Like many SNAP recipients, she limits herself to one meal a day, which is not uncommon among SNAP recipients in order to make ends meet and feed other hungry mouths.

So, while it may be difficult to enact large-scale governmental change, people can still help the families impacted the most from funding cuts by having a community bonding session with friends or family at your local community center, food bank or warehouse, and other positive programs, which are a reservation away with the click of a mouse. Getting involved and giving back is a great way to not only improve your mood, but to be a philanthropic role model to your peers as well by treating others in crisis how you would want to be treated in one.



GSO Farmers Market

SNAP is the new name for the federal food stamp program.

Detroit overtakes Stockton as largest city to go bankrupt

Alex Rooney
STAFF WRITER

If you’ve been paying attention to the headlines, you may have noticed that the city of Detroit, Michigan has been in trouble for a while. Detroit declared bankruptcy earlier this year, and is facing nearly eighteen billion dollars in municipal debts. These heavy arrears are the largest the United States has ever seen, making Detroit officially the most sizeable city to declare bankruptcy, knocking our own Stockton off the top of the list.

Previously, when the city of Stockton filed for bankruptcy in the summer of 2012, it was the largest municipal debt in the nation at twenty-six million dollars. At the time, city officials made cuts to programs, the police force, and contemplated tax increases, but all was in vain and Pacific’s home city still went under.

However, Detroit’s eighteen billion dollar debt rivals even Stockton’s lowest times. Many ideas have been thrown around in regards to settling the charges against Detroit,

however one rather unorthodox suggestion stands out, shocking many.

Detroit’s art museums house works by some of the greatest painters and sculptors known around the world. Rodin’s thinker sits solemnly in hollow

exhibit, and some of Picasso’s most eccentric works decorate the walls a few steps away from van Gogh’s self portrait. Millions of dollars on canvas hang in the Detroit Institute of Arts, and some city leaders think that van

Gogh and Picasso hold the key to paying off the city debt.

Unbelievably, the city may try to answer to many of their problems by selling the famous artwork found within the Institute to private collectors. Kevin Orr, the city’s emergency manager suggested the idea before the bankruptcy was even declared, asking an auction house to appraise some of the priceless collections to prepare them for sale.

The public, however, is outraged, and so are those in the art world. The Institute is a public, non-profit organization, which raises the question of the potential sale’s ethicality. Being that the state only paid for a small number of the pieces and the rest were donations, many are now questioning whether or not the state has a right to sell them at all.

As of the past week, the collections are not yet up on the auctioning block and the plan is still fairly open for debate. The city of Detroit is at risk of losing one of its most precious resources as a direct result of filing for bankruptcy.



The Detroit Institute of Arts was first opened 128 years ago.

USA Today

Sleep deprivation: *An effective war tactic since WWII*

Connor Mix
STAFF WRITER

Many students on our campus do not get enough sleep. The reasons for this vary greatly, but they all come to mean the same thing: students are hurting themselves by just going to school. Sleep has been shown to increase the risks of obesity and diabetes “by decreasing insulin secretion, increasing blood glucose levels and slowing metabolism.” That means not getting enough sleep now could have very serious consequences for you in the future.

This was shown in the study titled "Adverse Metabolic Consequences in Humans of Prolonged Sleep Restriction Combined with Circadian Disruption," which was written by Orfeu M. Buxton, Ph.D., et al. Buxton is a neuroscientist who works

with the Harvard Medical School, the Division of Sleep Medicine in the Department of Medicine at Brigham and Women’s Hospital in Boston, and the Harvard School of Public Health.

On a more immediate level, sleep deprivation has extreme consequences, and because of this, it has been used as a torture tactic in many wars and by most countries. The KGB in Russia and the Japanese government used it during WWII. Britain was accused of using it against members of the Irish Republican Army (IRA) in 1971, and the U.S. is currently accused of doing it at Guantanamo Bay. The Pentagon denies using torture tactics, but admits to using sleep deprivation to break prisoners’ resistance.

Menachem Begin, the former Israeli prime minister from 1977 to 1983, had the

following to say about sleep deprivation and what his interrogators would promise fellow prisoners: "He did not promise them their liberty; he did not promise them food to sate themselves. He promised them--if they signed--uninterrupted sleep! And, having signed, there was nothing in the world that could move them to risk again such nights and such days."

The reason that sleep deprivation is such a good torture tactic is because of the effects that it produces. In it’s most extreme cases, sleep deprivation can cause forms of psychosis, including hallucinations. John Schlapobersky, a consultant psychotherapist for the Medical Foundation for Victims of Torture, who was

SLEEP DEPRIVATION
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THE PACIFICAN



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Editorial comments reflect the views and opinions of the majority of The Pacifican editorial board, unless personally signed. The views of The Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

Black vs Orange

Topic of the week:

PRO

Obamacare

CON

Jamil Burns
OPINION EDITOR

Our nation's battle for an efficient healthcare system has plagued us for decades. We face a problem of too many people opting out of health insurance because of the soaring costs. Moreover, we face a problem of individual coverage plans that offer low premiums, but do not offer basic amenities, such as regular doctor's visits.

In 2010, President Barack Obama proposed a healthcare reform bill known as the Affordable Care Act, or Obamacare, that was funded and enacted by Oct. 3, 2013. The bill is aimed at making health insurance more affordable and accessible to low-income families, as well as anyone else who is uninsured.

Under the Affordable Care Act, each documented citizen is required to be under some sort of health plan. Many receive coverage through employment, the government or parents. There is, in fact, a penalty for those who do not seek insurance, but the penalty can be waived in cases where the individual is unable to pay.

The federal government

mandated states to set up open markets for private insurance providers to compete. The market has limits on the cost of premiums, and contains strict guidelines to maintain transparency between the consumer and the corporation.

The perks to the reform come with the quality of the insurance plans. New rules for how insurance is provided have been established. For starters, no one will be excluded membership based on a pre-existing condition. Premiums do not increase if you're sick. Men and women must now be charged the same premium. For those worried about keeping the same doctor, simply checking which plan your doctor is in will help.

Young people may see the benefits of the option to stay on their parents' insurance plan through the age of 26. After they are 27 years old, they are offered a low-cost, catastrophic health insurance plan that is aimed toward healthy, young people as an emergency coverage plan.

However, The Affordable Care Act will make health insurance more available to more Americans.

Crystal Gu
STAFF WRITER

The Patient Protection and Affordable Care Act, otherwise known as Obama Care of the Affordable Care Act, is a federal statute signed into effect on March 23rd of 2010, and scheduled to end in 2020. However, major sectors of the statute are still falling into place between those time periods. So far the cons of the Act in 2014, according to Al-Jazeera English, are as follows:

First, Obamacare could potentially hurt small businesses because the provision mandates that all small and local businesses with over 50 full-time workers be fully insured, or else pay a fine. While insuring workers in local business is good for our nations healthcare, news sources worry that some small businesses cannot afford to fully insure their workers, and therefore will begin lay-offs to save paying the fee, not hire employees, or pass extra costs onto consumers.

Secondly, while Obamacare does not raise the cost of premiums when it is enacted, premium rates

are hiking in various states. Obama care does not enforce all states to keep affordable premium rates, nor protect against price gouging.

Thirdly, in 2014 if you find yourself without insurance you have to pay a penalty income tax. The first year the fee will be 95\$, or 1% of your income, which may set back those who cannot afford insurance or do not know how to purchase insurance.

Lastly, if you are a young person seeking health insurance, good luck. The Affordable Care Act aims to balance the cost of caring for older citizens by placing a bulk of the burden on the shoulders of healthy youth. Yes, children can stay on their parents' insurance plan until they reach 26, but what about after that? Most college students are unaware of the benefits of health insurance because they are largely healthy.

In 2012, the Supreme Court ruled that healthcare was a constitutional right. However, while Obamacare could benefit and save the lives of millions of U.S citizens, the speculated cons of Obamacare are still perhaps reasons to improve upon healthcare reform in the future.

The consequences of sleep restriction and circadian disruption

SLEEP DEPRIVATION
CONTINUED FROM PAGE 6

exposed to torture himself during apartheid in South Africa during the 1960s, recalled the time he stayed awake for an entire week.

"By the week's end, people lose their orientation in place and time--the people you're speaking to become people from your past; a window might become a view of the

sea seen in your younger days. To deprive someone of sleep is to tamper with their equilibrium and their sanity," revealed Schlapobersky.

During finals week or midterm season, there is no way you can claim that your teacher is torturing you through sleep deprivation, but it is completely possible that you may be accidentally torturing yourself. In mild cases of sleep deprivation,

it causes slower mental functions and reaction time, it lessens the amount of information you retain, and it causes focus levels to drop, according to the study "Neurocognitive Consequences of Sleep Deprivation," which was published by the University of Pennsylvania.

All in all, not getting enough sleep can have consequences that range from

minor, i.e. your average week as a student, to severe mental issues i.e. the average student during finals week.

Either way, it is a good idea to plan ahead, and make sure you get enough sleep; that way, you will have an easier time coping with your everyday situations as a student. Buxton offered two pieces of advice: make sleep a priority because "sufficient sleep results in more energy

to exercise, ability to sustain a healthy diet and improved social relationships." Buxton also stressed to stay away from screens--particularly laptop and TV screens in the time leading up to when you go to sleep.

This is due to the fact that these types of screens contain light, which "impedes your body's circadian clock from helping to signal the start of sleep." The rest is up to you.



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LIFESTYLES

Pi Kappa Alpha hosts Fireman's Challenge for Shriners Hospital

Jenna Graves
LIFESTYLES EDITOR

This week outside of the DeRosa University Center at the University of the Pacific, the gentlemen of the Pi Kappa Alpha Fraternity are partnering up with the Stockton Fire Department for their second annual Fireman's Challenge, so you better make time between the hours of 5 p.m. to 7 p.m. to come out and support!

What is the Fireman's Challenge you ask? Well, it is a week-long competitive philanthropy event created to benefit the Shriners Hospital for Children in Northern California and pay tribute to the hardworking

firefighters in the local Stockton community.

Shriners Hospital for Children of Northern California is a hospital located in Sacramento that is dedicated to providing quality care to children with neuromusculoskeletal conditions, burn injuries and other special health care needs.

Throughout this week, teams from Greek life on campus as well as any Pacific students willing to participate will compete in events that tests their "firefighting abilities," and each competition is assigned a point value. Points will be accumulated over the

week, and the winner will be announced Friday evening at the closing ceremony.

Keep in mind that during the week, there is a social media competition called "Steal The Hat!" Throughout the week, members of Pi Kappa Alpha will be wearing plastic fireman's hats. You steal a fireman's hat off of a Pike's head, and take a picture wearing it. Then, post the picture to "Pi Kappa Alpha's Fireman's Challenge 2013" Facebook, Instagram, or Twitter page for points! Just make sure you return the hat immediately after your picture to the member you stole it from!

On Monday, the event was officially kicked off with the opening ceremonies and the dalmatian decoration. The lovely ladies of Greek life (Kappa Alpha Theta, Alpha Phi, Delta Gamma and Delta Delta Delta) started off the competition right by making beautiful banners for the event.

For Tuesday's event, the Fireman's Relay was a competition related to the typical activities conducted by a fireman, such as putting on the entire fireman's gear and running to "save a life."

Wednesday's event was held at the Wendell

Phillips Center lawn for the Fireman's Fair, which was another relay race, but this time in the water! It included water balloon fights and fire hose nozzles for a whole lot of wet fun.

Today, Oct. 10, the men will host the Fireman's Feed, where you can grab a delicious bite to eat for only \$5 to support not only your men of Pike, but an important and amazing organization too. So, put some time aside, come out to the DeRosa University Center (DUC) lawn, and show some love for Pi Kappa Alpha and the Shriners Hospital for Children.

After a successful and heartfelt week, all good things must come to an end. Tomorrow, Friday, Oct. 11, the closing ceremonies will be held at the DUC lawn. The men of Pi Kappa Alpha showed their dedication and true spirit to making our community a better place. So, as your last chance to attend these events, remember what they are benefitting.

If you have any further questions, please visit the event website at <http://www.firemanschallenge.net/>. From there, you can learn more about the event, graciously donate money, and download the team packet.

Upcoming Student Events

Thursday, 10/10
Lunch Behind the Lair: Chat with the Chaplains
NOON AT THE DEROSA UNIVERSITY CENTER

Lecture: Brigadier General to speak on Guantanamo Bay
4:45 P.M. - 5:45 P.M. AT PACIFIC McGEORGE SCHOOL OF LAW

Guest lecture- "Composing for success" with Christopher Caliendo
7:30 P.M. AT THE RECITAL HALL

Friday, 10/11
Cardboard Boat Regatta
5 P.M. AT THE CHRIS KJELDSEN POOL

Resident Artist Series- Flute and Guitar Recital
7:30 P.M. AT THE RECITAL HALL

Saturday, 10/12
Preview Day!
9 A.M. AT THE ALEX G. SPANOS CENTER

Noche de Musica
7 P.M. AT THE BECHTEL INTERNATIONAL CENTER

Sunday, 10/13
Special Event- Opera Follies
2 P.M. AT THE ALEX AND JERI VERESCHAGIN ALUMNI HOUSE

Tuesday, 10/15
Morning Prayer: In the Christian Tradition
8 A.M. AT MORRIS CHAPEL

Free Community Health Fair for Medicare Beneficiaries
1 P.M. AT JEN WAH

Team Pacific Recruitment Session
6 P.M. AT THE DEROSA UNIVERSITY CENTER

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Movies This Week

Thursday, 10/10
Man of Steel

Friday, 10/11
Man of Steel

Saturday, 10/12
Man of Steel

Sudoku Challenge!

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This Week's Challenge: **Medium**

3	4				6	1		
		8		9	4			
5					3	6		
8		1	4		2			
	3						4	
			6		7	8		1
		9	3					2
			1	6		5		
		5	2				6	9

Next Week's Challenge: **Hard**



In theaters:

"Gravity" is out of this world

Ruben Dominguez
EDITOR-IN-CHIEF

For a movie that is set in space and only has two actors appear during the entire film, Alfonso Cuarón's "Gravity" is an incredibly well-done piece of filmmaking. For movies in general, Alfonso Cuarón's

"Gravity" stands out in a very good way and establishes itself as an

Academy Awards frontrunner.

"Gravity's" cast is composed of Sandra Bullock and George Clooney. That's it. There are five other actors whose voices are heard as Mission Control, a third astronaut and others, but their faces are never seen.

Bullock gets the leading nod as Dr. Ryan Stone, a no-nonsense biomedical engineer who is on her very



Sandra Bullock and George Clooney star in the new movie "Gravity."

Space

first space shuttle mission as a mission specialist.

Clooney plays Matt Kowalski: a talkative and playful veteran astronaut who is on his last expedition and hopes to break the all-time spacewalking record. Both have been sent as part of a crew to fix the Hubble Space Telescope.

Trouble starts after Mission Control gets word of a Russian missile strike on an old satellite, which causes a chain reaction of debris and destruction that is heading their way at nearly the speed of light. The debris destroys the telescope and their shuttle, as well as killing the rest of the crew and knocking out communication with Mission Control.

Stone and Kowalski must navigate through the

vast emptiness of space to reach an adjacent station and get back to Earth before the debris laps the planet and returns.

The first word critics and audiences have said about the film is "intense." Those opinions are definitely valid. "Gravity" is a thriller similar to the playoffs in hockey—you pay for the whole seat, but you only need the edge.

The cinematography and visual effects are, to use another solitary word, stunning. Last year's "Life of Pi" blew away the competition with its incredible effects. "Gravity" takes the visual stimulation to a whole new level by using camera angles, perspectives and techniques that are not used often. There are breathtaking views of planet Earth, glances at the vast emptiness of space, and several symbolic and intriguing shots of Stone in the shuttle. It is a beautiful film.

Throughout the film, Stone and Kowalski bounce off each other, even though there's a Mrs. Kowalski back on Earth. Clooney is as Clooney as ever, as Kowalski's cocky and playful attitude is displayed with the affirmation of his knowledge, experience and calmness in dealing with dilemma.

Stone, though as seemingly solid and grave as her name alludes to, is exposed when her inexperience shows after the disaster. Her character development really makes the film, which was needed, as there are only two characters outside of the first 10 minutes or so.

If possible, check it out at an IMAX theater. The much larger screen more than adds to the overall depth of space and the depth of the film. The 3D will mess with you a bit, but it's worth it.

There's a reason "Gravity" was carrying a ton of hype out of the Venice International Film Festival in August. "Gravity" is a great film, which is a powerful statement considering how only two actors appear in the entire 90 minutes, which is short for a mainstream film.

Critics are already telling the Academy Awards to save themselves some time and give Sandra Bullock the "Best Actress" Oscar already. The film will clean up at the Oscars, so take advantage of the chance to see this intense, beautiful and stunning film on the big screen.



Bullock (left) and Clooney during their expedition to fix the Hubble Space Telescope.

The Atlantic

Visit Stockton Events Calendar

October 2013!

Now thru 1/5: "Driven to Dream" @ the Haggin Museum

Every Saturday thru 11/2: Free Yoga @ Victory Park – **Free event!**

Friday

10/4: First Fridays @ the Haggin Museum

10/4: First Friday Music @ Episcopal Church Of St. Anne

10/4: Stockton Symphony Presents "Music Beyond Borders – From Rock to Bach!" @ Tillie Lewis Theatre – **Student discount!**

Saturday

10/5: Anjelah Johnson @ Bob Hope Theatre

10/5: Celebrate! Stockton is Magnificent @ Miracle Mile – **Free event!**

10/5: "Driven to Dream" Reception @ the Haggin Museum

10/5: Free Admission Day! @ the Haggin Museum – **Free event!**

10/5: Lincoln Center Sidewalk Sale @ Lincoln Center – **Free event!**

10/5: "Old School Still Feels Good II" Concert

@ Scottish Rite Masonic Center

10/5: StocktoberFest

@ Waterfront Warehouse – **Student discount!**

10/5-31: Pumpkin Maze

@ Dell'Oso Family Farm (Lathrop)

Thursday

10/10: March of Dimes Signature Chef Auction @ Stockton Memorial Civic Auditorium

Friday

10/11: 2013 Annual Cardboard Regatta

@ Chris Kjeldsen Pool – **Free event!**

10/11: The Alameda All Stars @ Valley Brew

Saturday

10/12: Annual Doggie Dash Festival @ Carter's Pet Mart

10/12: Astronomy in the Park @ Oak Grove Regional Park – **Free event!**

10/12: "Fifty Shades of Funny" Comedy & Hypnosis Night @ Valley Brew

Thursday

10/17: 3rd Thursdays Wine Stroll on the Mile @ Miracle Mile

Friday

10/18: Friends of the Fox presents "An American Werewolf in London" @ Bob Hope Theatre

10/18: The Stockton Chorale presents "Broadway Blowout" @ Central United Methodist Church – **Student discount!**

Saturday

10/19: Stockton Thunder Opening Night! @ Stockton Arena

Wednesday

10/23: Stockton Thunder vs. Ontario Reign @ Stockton Arena

Thursday

10/24-26: Annual Lincoln High School Haunted House @ Lincoln High

Saturday

10/26: Stockton Symphony presents: "Classics I: Russian Romance" @ Warren Atherton Auditorium

Thursday

10/31: Trick or Treat on the Mile @ Miracle Mile

Check out our events calendar – the largest in the region – for more details on all of these events!

There are also tons of great jazz/live music sessions, farmers' markets, and flea markets throughout the city!

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Protesting through underpants

Jamieson Cox
GENERAL MANAGER

Kristof Buntinx, a Belgian fashion designer, recently released a line of men's boxers to protest the anti-gay laws in Russia. What has been deemed a "quiet-revolution" by E! Online, the designer took multiple Russian symbols, gave them an LGBT theme, and printed them on a line of underwear. Buntinx also stated to E! Online, "Imagine that you live in Russia where you cannot be gay, but under your clothing you are still able to wear a pair of protest shorts. Is that not nice though?"

Maybe these will become the official underwear of the Olympics. The boxers are currently available at kristofbuntinx.com.



Models protest Russia's gay rights stance.

E! Online

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HOME COMING
OCTOBER 18-20, 2013
RETURNS

THE SEX COLUMN

Sex should be fun:

Why not spice up your love life with 15 kinky quickies?

Jenna Graves
LIFESTYLES EDITOR

The same old sex routine with your partner can get old after a while. According to Cosmopolitan magazine, a recent study found that people who engage in a little kink are happier, and more secure in their relationships.

If the idea of S&M tickles your pickle, but you don't have the energy to turn your bedroom into a "red room," try at least a couple of these 15 tips that can spice up your love life!

Halloween is coming up around the corner, so before making your way to the big party as a sassy cop or vampire, arrive orgasmically (fashionably late) with your criminal or prey that you had to punish quickly before.

Sneak away at the library for a quick study break. Give yourself and your partner a chance to unwind after a long day or night's work, so heading for the stacks is a different and exciting way to sneak in some time in together.

Alcohol can certainly enhance your sexual needs, so when your with that certain someone at the nightclub or the Ave, head to the darkest part of a club or even the bathroom, and get your bang on.

Take it outside. Just keep in mind that getting busy in a semi-public place is a huge risk and can double the wattage of your hot rendezvous. Make sure the area is private enough, but try to remain adventurous when selecting your location. I'm sure there are some good nooks and crannies at this school.

Make the most of your lunch break. Maybe even use a quickie as an excuse for desert.

Keep oh-so quiet. Not being allowed to make any noise can be a huge turn-on, especially when something feels oh-so good.

Try some invisible bondage. You don't always need tools to bind. Command your partner to not move their hands or even hold them down in place with your own hands. This teasing will only dirty your imagination of what else can be in store.

Use the tools of another trade. For those who live in an apartment or off campus, a spatula in the kitchen can be used to swat a naughty bum. Use your imagination, and plenty of items around the house can be used as some fun

toys.

Rev your engine. When the two of you go out for a night on the town, park your car at the most underground point in the garage; this way you can get a quickie in before a movie or dinner. Maybe even pull a sneak attack and straddle your partner with his or her seatbelt still buckled up.

Be dirty while getting clean. The shower is practically made for a quickie. Before class, make your way to the shower together to save time and water while enjoying each other's company in a hot and steamy way.

Master the multitasking. There's always something really hot about going about your business while your partner gives you the business. Call them into the bathroom while you're getting ready for an event or party, and put that countertop to another use--if you know what I mean.

Make the stopwatch sexy. Not everyone is a orgasm sprinter. Challenge your partner to get you off in record time, and make a deal that if they finish before you do, they're your sex slave for a week. Total win-win.

Evoke their blind ambition. Using blindfolds always creates a fun mystery. So, to kick off a quickie this way, surprisingly throw one on your partner while he or she is sitting at his or her desk. Taking control like this can be a great way to spark another study break, and maybe even put the desk to work as well.

Have an awkward break between your classes? Make it less awkward by spending it with that certain someone, and make the day a little more exciting. Sneak away to the dorms or maybe even an empty classroom--just make sure the room is actually vacant around that time, or you may be in for a surprise by some visitors.

Lastly, if you are at an event with your partner and you both are feeling uncontrollably frisky, just find the nearest closet. I would recommend to stay away from public bathrooms, though if it's your last resort, then go for it.

Remember, always stay spontaneous, and have fun with your partner. Quickies are always a nice pick-me-up, and can keep one's love life lit. So men, next time your blood runs heavy below the waist, use these tips, or grind your partner in one of these quickie spots.

"Man of Steel" flies high to Janet Leigh

Ruben Dominguez
EDITOR-IN-CHIEF

Facing pressure from the success of the Dark Knight trilogy and rival Marvel's fortune with The Avengers, the fate of DC Comics' Superman franchise, as well as any chance at a future Justice League movie, lay with Zach Snyder's Man of Steel.

To put it mildly, Man of Steel came through with flying colors.

The film is a reboot of sorts, putting the pieces together after 2006's Superman Returns, which was (apart from Kevin Spacey as Lex Luthor) was just terrible. Man of Steel tells the tale of how baby Kal-El came from Krypton to Earth and became Clark Kent (Henry Cavill), and then Superman. While doing so, he meets and falls in love with Daily Planet reporter Lois Lane (Amy Adams) before facing off against fellow Kryptonian General Zod (Michael Shannon).

Like most reboots, there are some major differences between old and new. In Man of Steel, Lois Lane actually uses her investigative reporting to figure out that Clark Kent is Superman. Though

Lois knows, her decisions regarding the information and what to do with really develop her character as something more than Superman's love interest.

In addition, there is no kryptonite. Though it's unknown whether or not it will return in the future, kryptonite is not sorely missed in Man of Steel. The story moves on without a beat despite not having any green glow.

The biggest surprise comes at the end. Due to spoilers the details are left out, but this is the twist that makes it a "gritty" reboot. The scene introduces a whole new level of Superman's character while clearly still enforcing that he is a good guy.

Overall, the changes are a bit major, but they work. Krypton is absolutely gorgeous (before it explodes), and the overall CGI effects—the planet, the fighting, the superhuman abilities—are spot on. Russell Crowe and Kevin Costner are spectacular as Jor-El and Jonathan Kent, respectively. The



Sciencefiction

Henry Cavill flies high while playing the role as the one and only Superman.

score is wonderful and the plot is sharp with several memorable moments. Watch for the Wayne Enterprises logo and notice where Zod leaves his armor.

Man of Steel has saved the Superman franchise, and given us a sequel that will feature Batman. So go see it while you can at the Janet Leigh Theater.

Kyle Sasai: *Gettin' it done*



Danica Torchin

Danica Torchin
STAFF WRITER

The eleventh doctor in the BBC America series, Doctor Who, had a very special phrase: Bowties are cool! And nothing is cooler than the man in the bow-tie himself—Kyle Sasai '14.

With a quirky and sleek style, Sasai pulls off a cute and professional look that is perfect for any day of the week. Sasai and his girlfriend designate some days as "getting it done" days, where you dress like you have important meetings to attend. The philosophy however, might be a tad flawed, considering how I see him "getting it done" on a daily basis.

A style, as well as musical icon, to Sasai is Maroon 5 frontman and drop-dead-sexy-hunk Adam Levine. With effortless cool and insurmountable style, Sasai is definitely taking Levine's personal style to heart.

Some of the basics that Sasai brings to the table are performance button-up polo's, slacks and dress shoes. These pieces are not only staples that he recommends, but they are also items that Sasai sticks to. With his khakis, polos and that signature bow-tie, Sasai makes quirky work.

MUST-HAVES: Button-up polo: Men's: John Ashford shirt @ Macy's. Women's: 1969 shirt @ GAP.

Bow-Ties: Men's: Silk bow-tie @ Express. Women's: Bow hair barrette @ Forever 21

Daniella Green: *Femme fatale*



Danica Torchin

Danica Torchin
STAFF WRITER

If taste is acquired, then Daniella Green '14 must have been one stylish baby. Every day, we go about our business, and it seems like a pretty mundane day—and then a wandering eye spots Ms. Green. In a pair of colorful pants, maybe wearing her so-called "Supreme Court" flowy and floral blouse that the other girls in Delta Gamma (DG) pass around, she's a ball of sunshine—even if it's monsoon season.

Fun. Feminine. Colorful. These are Green's own words to describe her style, and they have never been more true. Every time I spot her around Pacific, she looks spotless, chic and so put together. How does she do it? Some of it is inspiration drawn from icons like Jackie O. and our very own Pacific alum and Gal Meets Glam blogger, Julia Engel and other inspiration is drawn from her DG sisters.

Wherever she is getting the tips from, she makes it her own. Staple pieces in her closet consist of a bundle of blazers, Sperry's, V-neck shirts and her bright jeans. However, in her dream closet, she says she would invest in shoes (what girl wouldn't?), handbags and more niche clothes in an amount larger than a 64-crayon color set. Whether she's running around campus, cheering as a Tiger Dancer, or applying to the best law schools around, Daniella will always look, and forever be, femininely fierce.

MUST-HAVES: Colorful jeans: Men's: KR3W K skinny jeans @ Tilly's. Women's: Rockstar super skinny jeans @ Old Navy. Blazers: Men's: Corduroy blazer @ Express. Women's: Coral cotton open jacket @ Ann Taylor



SPORTS

No. 3 Pacific beats No. 4 Cal

Drew Jones
SPORTS EDITOR

Coming from behind, No. 3 Pacific tallied their second conference win and their tenth overall this season. The Tigers took a trip to Berkeley, Calif. this past weekend to face off against No. 4 Cal in their first nationally televised game.

The Tigers led 1-0 over the Bears after the first quarter with a goal by Goran Tomasevic '14, who found the net again in the onset of the second quarter. Cal answered back quickly--tying the game at 2. Defender Casey Fleming '16 added to Pacific's onslaught with a goal of his own, but the Bears quickly tallied three straight goals to take the lead, 5-3. Balazs Erdelyi '14 sent in a last-minute goal in the first half to bring Pacific closer to a tie.

Entering into the third

quarter, Pacific was down 6-4 with nearly seven minutes to go. Attacker Balazs Erdelyi '14 racked two goals for the Tigers to tie the game before heading into the fourth quarter. Goalkeeper Alex Malkis '14 shut down the Bears offense by posting seven saves and holding them scoreless. Tomasevic, on two-meter-offense, led the offense by finding the back of the net with six minutes left in the fourth quarter. His goal was ultimately the game-winning decision to put Pacific on top.

Notably, Erdelyi and Tomasevic both posted three goals each, while Fleming had one. The Tigers head out on the road for the next couple weeks, but return to Chris Kjeldsen Pool on Oct. 25 to host Bucknell for a non-conference match at 7 p.m.



Micaela Todd
Alex Malkis '14 (pictured) made 15 saves in Pacific's win over No. 4 Cal.

Athlete of the Week Alex Malkis

Men's water polo

Alex Malkis '14 tallied 15 saves for men's water polo last Saturday in the conference face-off against No. 4 Cal. Malkis led the Tigers to a 7-6 victory by shutting out the Bears in the fourth quarter. He posted seven saves, and effectively shut down Cal's offense. The goalkeeper from Israel was also named the Mountain Pacific Sports Federation Player of the Week for two weeks straight, which has not happened since the 2006 season. His tremendous effort in the goal allowed his teammates to make a comeback from a 6-4 deficit, and improve the season's overall record to 10-1.

Tennis teams dominate in fall season play

Jamieson Cox
GENERAL MANAGER

During the past two weeks, both the men's and women's tennis teams took to the court for the first time this year. With a total of five new freshmen amongst the two teams, the previous promising results are already looking positive for the Tigers heading into the spring season.

The Lady Tigers who competed in the Cal Nike Invitational had a great season kick off, which left the tournament with a winning record overall, and both freshmen kicked off their careers at Pacific with wins. Cristina Saenz '17 de Buruaga Ruiz '17, knocked off a player from San Jose State, 6-3, 6-0 to tally her first win. Francis Dean '17 cruised past Vaneaa Foltinger from Marquette to get her first victory for the orange and black. Dean also continued on a win streak

until she fell in the semifinals to Saint Mary's Catherine Leduc. Every player came out of the tournament with wins on the board--preparing them for the tough contests that will be coming this weekend.

The men's team has also been busy picking up wins the past two weekends. Two weekends ago, a few Tigers headed to Tulsa, Okla. for the Intercollegiate Tennis Association's (ITA) All-American Championships. The major highlight was duo Sem Verbeek '16 and Daniel Alameh '16 beating the number one seed in the qualifiers and the thirtieth ranked team from Auburn. During the same weekend, four more Tigers headed to Fresno to compete in the Bulldog Classic, where two of the freshmen picked up their first wins as Tigers. Erik Spence '17 took out a player from Fresno Community College (FCC), while Lance

Ngo '17 earned a win over a player from Cal Poly. Veterans Alex Hamilton '15 and Erik Cederwall '15 also picked up multiple wins that weekend.

This past weekend, the men's team took to the court at the Aztec Invitational in San Diego and the UC Davis Invite. The weekend ended with the Tigers going 9-0 on day three with many highlights. In Davis, Spence and Cederwall each won their singles consolation draws, while Cederwall and Hamilton won their doubles draw. In San Diego, Denis Stolyarov '15 won his consolation draw. However, the big story of the weekend concluded with Miguel Diaz '17 taking the title at the Aztec Invite. The Tigers went undefeated on the weekend--beating a player from Loyola Marymount, 6-2, 6-1 in the championship match.

Both teams will be back in action this weekend.

Club rugby prepares for spring season

Micaela Todd
LAYOUT EDITOR

Pacific's club rugby team kicked off the new year by hosting a round robin tournament with San Francisco State and University of San Francisco this past Saturday. The three 40-minute matches started at 10:00 a.m. at Gardemeyer field, located behind Monagan Hall.

The team had a rough start to their pre-season with two losses, but showed promise for the future. In the first match, against San Francisco State (SF State), Pacific came up just short of a win with a final score of 22-19. They took to the pitch again just shortly after to play University of San Francisco (USF). As Pacific battled through their second game in a row, USF came out fresh and strong for a 24-7 win. To finish the tournament, the two San Francisco teams faced off--resulting in a win for SF State.

As only the first couple games of the year, the team holds hope for improvement, and was happy to have the chance to see where they stood with the new team.

Captain Mikey Jimenez '15 stated, "Our freshman have a lot of natural athleticism, and they really stepped up today. The mixture of freshman who are eager to learn, and returners who understand the game will hopefully result in a successful season."

The promising several new freshmen was one of the team's big successes. Justin Giardano '17, from Dixon, Calif., is the team's new stud; Giardano played scrum half,

and was a great scorer for the team in the round robin.

The team's pre-season will continue through the winter until the official season starts in the spring. Keeping with the spirit of club teams--though the team has lots of new recruits--they are always looking for more players. Both guys and girls are welcome to show up at their practices on Mondays and Thursdays 6-8 p.m. at Gardemeyer field.



Micaela Todd
USF (green and yellow) and Pacific (orange and black) fight for the ball.

A day in the life of a cross country runner

Nanxi Tang
NEWS EDITOR

Dale Dong '16 is a student athlete at the University of the Pacific. She is a pre-pharmacy

major and a women's cross country runner. Her cross country career began while she attended Lincoln High School in Stockton, Calif. where she ran cross country and track

and played badminton and lacrosse.

Every morning, Dong and her roommate wake up at precisely 5:20 a.m., and get ready for their upcoming

workout and the day in silence. "[In silence] half because we're not fully awake—half in anticipation of the workout," explained Dong. After leaving Grace Covell Hall, where Dong and her roommate reside, they look up at the still dark sky to check the stars and see where the moon is—just out of tradition.

Practice begins at 6 a.m., and the team usually runs an average of six miles every morning. However, the team also lifts weights, and sometimes does cross training, such as biking and swimming, to help them condition for their sport. After practice, the cross country team sits in a ice bath of 50 degrees.

According to Dong, "Being an athlete isn't just a morning thing: it affects my entire day. Everyday is extremely structured and routine—I even eat the same breakfast every morning: bowl of fruit,

carton of nonfat milk and two fig bars." Dong always eats her meals on the dot. Breakfast is at 8:30 a.m., lunch is at 12:15 p.m., and dinner is at 5:30 p.m.

The rest of Dong's day proceeds similar to many other Pacific students: going to lectures, taking notes in class, studying during breaks, etc. As a pre-pharmacy major, some of Dong's classes are organic chemistry and microbiology, which require lab classes as well as lecture classes. Even with a fairly tough course schedule as well as a rigorous training schedule, Dong could not imagine her experience here at Pacific any other way.

"I do push-ups and sit ups with my roomie during TV commercial breaks," stated Dong. For Dong, the day ends at 10 p.m. when she is in bed. She makes sure to take her iron pill every night before bed.



Micaela Todd

Dale Dong '16 (second from right) pictured with her teammates at their high school fundraising meet.

Tigers fall to No. 6 Stanford

Drew Jones
SPORTS EDITOR

Coming off a high from their win against Cal last week, Pacific went into their match-up with Stanford looking to grab their second win of the season. Their effort did not go unnoticed, with an entire cheering section from Pacific at Stanford's Varsity Turf. Members from Theta Chi and Alpha Phi attended the game with the hope that their support would help the Tigers get a win.

Pacific came out strong, but gave up a goal in only the

first 11 minutes of the game. However, Pacific quickly fought back by successfully converting on a penalty corner. Midfielder Emily Tregoning '14 was able to bypass the goalie and reach the net—tying the game at 1. Tregoning was awarded the goal with the help of midfielders Katharine Egan '17 and Hannah Bettencourt '16. This goal was the first Stanford had allowed in nearly a month.

The Tigers were not prepared for the offensive onslaught brought on by the

Cardinal's. Stanford took it to the house two more times before the half and picked up right where they left off after the half. Barely one minute into the second half, the Cardinal's scored—leading the Tigers 4-1. Goalie Molly Macierz '16 made five saves in her 50 minutes of play, but was still no match for Stanford's offense.

Pacific goes on the road this week to face off against non-conference opponents, but returns to host UC Davis on Oct. 18 on Cal's Varsity Turf at 3 p.m.



Nick Sireci

Members of Theta Chi and Alpha Phi and others show their support at the women's field hockey game at Cal.

Soccer lets down against No. 10 Portland



Micaela Todd

Eliza Hard '17 passes to a teammate looking to get out of the midfield.

Drew Jones
SPORTS EDITOR

Pacific opened up the conference this past weekend at home against No. 10 Portland. They played a very close game on Friday in the annual Pacific Plays Pink game, but ultimately lost the match-up, 1-0.

Neither team could break free of the midfield in the first half; however, Portland outshot the Tigers, 3-1. Forward Maricella Padilla '14 took Pacific's only shot of the first 45 minutes, and missed just a hair high. The second

half was played similarly: neck and neck. At just past the 58 minute mark, Portland scored the only goal of the game to put them up 1-0. The Tigers put up a good fight—nearly tying the game twice—but could not reach the back of the net throughout the rest of the game.

Notably, goalie Tashia Long '14 made three saves for Pacific.

The Tigers head out on the road but return home on Oct. 18 to host University of San Francisco on the Sunken Field at 7 p.m.

Club lacrosse loses big at DVC

Caitlin Proctor
CONTRIBUTING WRITER

Men's club lacrosse team played their first game of the year in Concord, Calif. on Saturday against the Diablo Valley College Vikings. The final score was a 4-22 loss for UOP.

Diablo Valley College (DVC) scored the first goal of the game two minutes into the first quarter-- followed up by another goal two minutes later. Immediately after the face-off following the second point, returning player Mike Jones '15 charged through DVC's defense, and scored the first goal of the year for UOP's lacrosse team. By the end of the first quarter, the Tigers had two points and the Vikings had six.

The second quarter was a shutout for UOP, while DVC scored four more goals--making the half time score 2-10 in the opposition's favor.

DVC had some undeniable advantages. This game was the first for UOP, but the third for DVC. DVC plays fall ball lacrosse, while UOP uses fall as a warm-up for their spring season. The Vikings team has 34 players--all of which have previous experience according to their team website. UOP has 22 members, some who were not present for this away game, and four members are new to lacrosse this year.

Though their fatigue grew as the game lagged on, UOP did not give up. They scored

twice more in the second half. Two Tigers were injured, and benched during the game--further diminishing the pool of possible substitutes.

Derek Bakken '17 was in goal the whole time. Of the 39 shots made by DVC, Bakken independently saved 17. UOP made some impressive interceptions, but was continually stopped up by DVC's defense.

Even with a discouraging score for the first game of the year, the team remains optimistic.

"I feel like it's a good start. There's a lot of room for improvement, but we just gotta work more and work harder to get what we want," explained defenseman and team Vice President Max Huston '16. "I don't think we have yet found our true potential."

This may certainly be true of the four members who have no previous experience with lacrosse: Tyler Frasier, Justis Miller, Zachary Venegas and Christopher Walter. The lacrosse team is eager to welcome fresh players with unrealized talent.

"As a new player, I did not feel out of place. All of the guys were there to show me what to do and make sure I had a good time," shared Zachary Venegas '16 on how he felt about his first game.

With that positivity, the lacrosse team should give us plenty to root for this year.

Cross country gets NCAA preview

Ruben Dominguez
EDITOR-IN-CHIEF

The Pacific cross country team got a good look at what's to come at the end of the season. The Tigers competed at the West Regional Preview event, the Inter-Regional Jamboree 5K, on Friday.

Pacing Pacific was Lindsay Wourms '16, who crossed the finish line at 18:36, two minutes behind race winner Kelsey Santisteban from Cal. Wourms, who was the only Pacific runner to break the 19-minute mark, finished 88th overall.

Just missing that mark was Becky Grabow '16, who finished with a time of 19:01. Right behind her was Megan Hall '17 at 19:19.

"The girls ran strong. We just didn't have it in us today as far as going after it. We will rebound for our next race," head coach Josh Jones said afterwards.

One of the big stories on the day for the Tigers was Mia Knipper '16, who returned for her first appearance in five races. Knipper turned out a time of 19:39.

"It was great to have Mia back after five weeks off of racing. She will be ready by the time conference comes

around," said Jones.

Lauren Nakaso '16 and Grace McManus '17 rounded out the day for the Tigers with times of 19:50 and 19:54, respectively.

Hosted by Sacramento State, the race took place on the Arcade Creek course--of recent footgolf fame--at the Haggin Oaks Golf Complex. This same course will be run at the NCAA West Regional at the end of the season.

Next up for the Tigers is the San Francisco State Gator Invitational, set for Friday, Oct. 11 at Golden Gate Park's Speedway Meadow at 3:30 p.m.

PACIFIC WEEKLY SPORTS SCHEDULE

HOME GAMES

OCTOBER 10 - OCTOBER 16

THURS, OCT. 10

WOMEN'S VOLLEYBALL
VS. PEPPERDINE @ 7:00 P.M.
SPANOS CENTER

SAT, OCT. 12

WOMEN'S VOLLEYBALL
VS. LMU @ 7:00 P.M.
SPANOS CENTER

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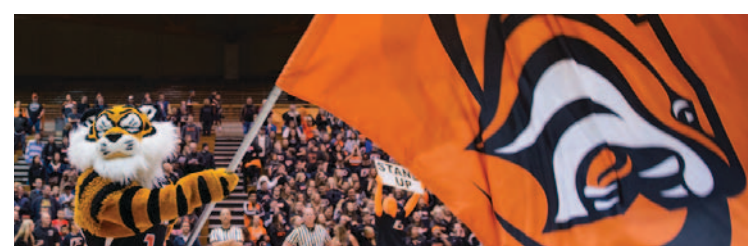


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Did you know?

Our mascot, PowerCat, officially debuted on Jan. 22, 1999.

PowerCat even has his own book called PowerCat, The Pacific Tiger, which came out in December 2011.

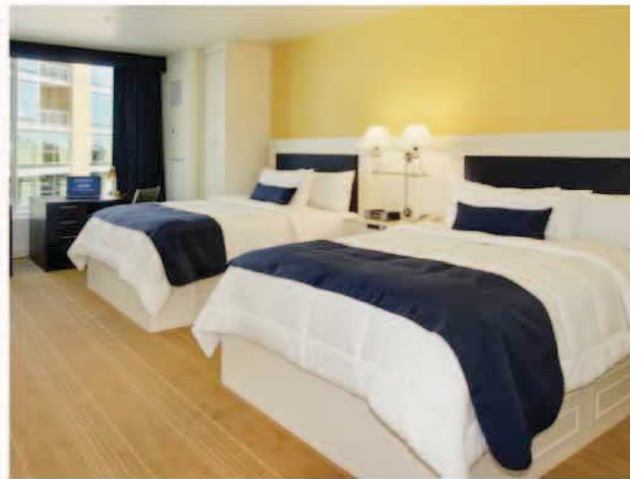


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